



## RAYS SLAY JAYS ON OPENING DAY

TORONTO LOSES 9-2, STAR SHORTSTOP HURT AFTER ONE AT-BAT **PAGE 16**



## Money down the drain

Regional Water Commission stresses conservation as rate hike takes effect **PAGE 5**

## The witching hour is over

Emma Watson says her biggest challenge is moving beyond Hermione **PAGE 11**

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## PATIENTS OR PRISONERS?

Artist Stella Ducklow of Halifax reflects on her exhibit *The Somewhere Project*, featuring portraits of people who have gone through the mental health system alongside images from treatment centres in Nova Scotia. It's currently on display at the Nova Scotia Community College's Waterfront Campus in Dartmouth. Story, page 3. MITCH WARD/FOR METRO

# Province lays out essential services bill

**Nurses set to walk.**  
McNeil cites frequent health-care disruptions

**Crack of the whip?**  
"This legislation is draconian."

NGSEU President Joan Jessome

The Nova Scotia government introduced essential-services legislation late Monday, a move Premier Stephen McNeil said was necessary hours after the union that represents Halifax-area nurses filed notice that they were preparing to go on strike Thursday.

The Essential Health and Community Services Act would require unions and employers throughout the health-care sector to have an essential-services agreement in place before job action can occur, and if such an agreement can't be reached, an independent third party decides.

Employers or unions that take job action before an essential-services agreement is in place would be fined \$100,000 for the first day and \$10,000 for each additional day. People would face fines of \$1,000 for

the first day of job action and \$200 for each day after.

McNeil said the fact there have been three health-care labour disruptions within seven months underscores the need for such a law.

The bill would apply to nurses, paramedics, 911 operators, hospital employees and people who work in homes for seniors, youth and people with disabilities.

The move came after the Nova Scotia Government and General Employees Union filed a strike notice earlier in the day. The 2,400 nurses that the union represents are in a legal strike position as of Thursday.

Union president Joan Jessome said the bill is "one-sided in favour of government and the employers and it has set labour relations back a century." **THE CANADIAN PRESS**



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# Mounties going silent on scanners in Nova Scotia

**Less chatter.** RCMP switching to digital encryption in some areas of the province, Halifax police to follow



**RUTH DAVENPORT**  
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There will be less chatter on scanners in parts of Nova Scotia on Tuesday as the RCMP move to digitally encrypted radio systems in two of its three provincial districts.

The federal force has been implementing the change across Canada for the last few years, with a mandate to have the process complete by 2016.

Sgt. Alain Leblanc said Nova Scotia's Northeast and Southwest Nova districts will make the change Tuesday.

"Encryption ensures transmissions of a sensitive nature ... are protected and can only be accessed by authorized parties," he said.

He added there's no timeline at this point to make the change in Halifax, which is jointly policed by the Moun-



The RCMP in Nova Scotia are doing away with allowing the public to listen into their conversations on police scanners. METRO FILE

ties and Halifax Regional Police.

Analog radio transmissions by police and other emergency agencies are routinely monitored on handheld scanners or via smartphone apps

by everyone from journalists to tow-truck drivers to civilian radio buffs. Leblanc said the audience includes a nefarious element, too.

"Criminals typically have scanners that tell them where

we're at, what we're doing and of course it may allow them the opportunity to commit a crime, knowing the police may be miles away," he said.

Although a criminal is

## Quoted

**"When you arrest criminals, they have scanners with them. It allows them to know where the police (are), what they're doing."**

RCMP Sgt. Alain Leblanc

just as likely to be alerted to a major operation or event via social media, Leblanc said there's also a concern for protecting details about ongoing investigations or operations that may be discussed via radio.

The change has been fodder for discussion on online forums such as Radioreference.com.

"There are other services you can monitor to get a synopsis of what's going on with the police," noted one user in response to complaints about the Winnipeg Police Service switching to digital encryption in December.

"Fire, EMS, transit, towing, animal services and city work crews are all still in analog."

## Premier's nephew charged with child luring

Police in Halifax have laid child luring charges against a 20-year-old Dartmouth man in a case where it's alleged the accused knew his victim.

On Monday, police announced that Brandon Wil-



**Premier Stephen McNeil**  
METRO

liam McNeil is facing charges of luring a child, making sexually explicit material available to a child and making child pornography.

McNeil is the nephew of Premier Stephen McNeil and the son of former Halifax Regional Police Deputy Chief Chris McNeil.

"Obviously, this has been a devastating day for not only my brother's family, but obviously there's another family in the province as well," the premier said outside the legislature. "Now it's before the courts."

The premier said Monday night he learned of the allegations Sunday morning when his brother called to tell him

police had arrived at his house.

Halifax Regional Police spokesman Const. Pierre Bourdages said they received a complaint last Saturday about a man who was allegedly sharing sexually explicit images online with a 13-year-old boy.

A search warrant was executed in the 0 to 100 block of Kingston Crescent in Dartmouth on Sunday, where police say they seized computer equipment.

Police say this isn't a random incident and that the victim knew his accused. However, Bourdages could not comment on how the two were known to each other in order to protect the boy's identity.

He also said it's uncertain at this point whether or not the accused had planned for his interactions with the boy to at some point become physical.

"The intention, you would have to ask him that," said Bourdages. "I don't know what's going through his head but there was no evidence of physical contact or sexual contact with the victim."

Bourdages said child luring charges are not common but when they do arise they are taken very seriously.

"Someone who is charged with the luring of a child is charged with that offence if there is a potential there for a progression from online contact to a more physical meeting

or assault," he said.

"It did not happen in this case. Once we received that information we jumped to action very quickly."

KAYLYNN PAYNTER/FOR METRO, WITH FILES FROM THE CANADIAN PRESS

## Conditions

**Brandon William McNeil has been released from police custody under strict conditions, which include not communicating with children under the age of 16, not using any devices that can access the Internet and not being within 50 metres of a place frequented by children.**

## Westchester Mountain

### Girl, 6, killed in crash on Nova Scotia highway

A six-year-old girl is dead

following a two-vehicle crash on a Nova Scotia highway.

The accident happened on Highway 4 near Exit 8 around 6:15 p.m. Monday in Westchester Mountain,

Cumberland Co.

Police say their investigation points to the driver of a tractor-trailer colliding with a van towing a utility trailer.

Four people were inside the van, including the six-

year-old, who died at the scene.

The other three people inside the van have been taken to hospital with undetermined injuries.

The driver of the truck

wasn't injured.

The cause of the crash is under investigation but police say roads were slippery and drivers were advised to avoid the area if possible.

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# Photo exhibit looks at mental health stigma through a new lens

**The Somewhere Project.** Local artist Stella Ducklow challenges institutionalization



**HALEY RYAN**

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Six young faces stare openly out of black and white photos next to images of a sterile bathroom, a cord phone on a windowsill, a concrete bench.

Stella Ducklow has heard many say those experiencing mental illness should be “put somewhere,” and created the Somewhere Project to showcase current mental-health wards.

“It looks like a prison, and so we have people in there who are scared. They ask for help and they get put in a place that looks like an institution, like they’re being criminalized for having an illness,” said Ducklow as she walked along the photos in the Nova Scotia Community College’s Waterfront

Campus Art Gallery.

“It’s terrifying.”

Ducklow, a Haligonian and Nova Scotia College of Art and Design student now based in Toronto, travelled across Nova Scotia for a year to capture these “somewhere” spaces and challenge the idea institutionalization is the best treatment.

“It perpetuates this idea that people are misbehaving, but it’s really because they’re in this awful environment that’s not conducive to recovery,” Ducklow said.

Although Ducklow planned

to show only the hospital photos, she realized people might be intimidated and have nothing to relate to, so she included the portraits.

She said she is proud to represent her subjects as strong and resilient people who have been through the system and break the stereotype of what a “crazy person” looks like.

“It’s very, very different. These are all young people with bright futures,” she said.

Dr. Stan Kutcher, chair of the TeenMentalHealth.org program, which hosted Ducklow

as an artist in residence, said the images can “drive change.”

“Art really speaks in ways that words can’t,” Kutcher said. “The visual representation confronts us with a reality that we can avoid when we just hear the spoken word.”

From her personal experience and through this project, Ducklow said an ideal system



**Stella Ducklow**  
MITCH WARD/FOR METRO

would include a peer-support model like at Laing House in Halifax, and day programs not based on diagnosis or medication but coping with everyday problems.

One in five Canadians will be affected by mental-health issues in their lifetime, Ducklow said, so everyone needs to help break down stigma and change the system.

“It involves all of us, it’s just that we’re all not talking about it,” she said.

The exhibit will run until the end of May.



Two photos displayed at the exhibit by Halifax photographer Stella Ducklow. CONTRIBUTED

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# Protesters nationwide 'standing up demanding a new health accord'

**Health care.** Protest in Halifax one of several across country

MELISSA  
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halifax@metronews.ca

About 50 people gathered on a cold and damp day in Halifax on Monday as part of a national day of action to launch a campaign asking the federal government for a new health accord with the provinces.

Held at Victoria Park over the noon hour, protesters held signs saying "Protect patients" and "Medicare works. Protect, strengthen, extend public health care" as they chanted for a new health accord.

The 10-year, \$41-billion health accord struck in 2004 — which set funding and services requirements between the federal, provincial and territorial governments — of-

## Health transfers

In 2011, former finance minister Jim Flaherty said the Canada Health Transfer to the provinces and territories would grow by six per cent a year until 2017-18. After that, health transfers will be tied to the rate of economic growth and inflation, but the government says the annual rate of increase won't fall below three per cent.

officially expired Monday.

"Thousands of Canadians in 43 communities across the country are standing up demanding a new health accord," James Hutt, the provincial coordinator for Nova Scotia Citizens' Health Care Network, said in an interview prior to speaking with the crowd.

Those attending the rally were asked to sign a full-body

cast of a mannequin hospital patient to be delivered as a petition to Province House.

Hutt said thousands of people across the country are sounding the alarm over the country's public health system being under attack by the federal government.

"By refusing to negotiate a new health accord ... the Harper government is turning its back on the provinces and walking away from its responsibilities," he said.

Lucia Dutton attended the rally on Monday and said she feels the health care system needs the support of Canadians.

Three years ago, Dutton was seriously ill and, despite her condition, had a positive experience with those working in the health-care system.

"I think it was the nurses that help pull me through," said Dutton. "It was their positive attitude and their kindness."



Janet Hazelton, president of the Nova Scotia Nurses Union, signs a plaster cast covered mannequin at Victoria Park in Halifax on Monday to show her support for a new Health Accord campaign. MITCH WARD/FOR METRO

## Poppins Pay What You Can performance postponed

Last week's messy weather has forced Neptune Theatre to postpone Tuesday's popular Pay What You Can performance of Mary Poppins.

According to Neptune Theatre in a release issued Monday, the shows actors and crews lost important rehearsal time during the week because of last Wednesday's major snowfall.

"Losing rehearsal time due to inclement weather was an unforeseen challenge," said Mary Poppins director George Pothitos in the release.

"Having our performers and crew prepared for our first public performance is a top priority, which is why we have decided to reschedule (Tuesday's) performance."

The Pay What You Can Performance for Mary Poppins



A scene from Mary Poppins METRO FILE

will now take place on June 1, at 7:30 p.m.

However, the preview performances scheduled for

Wednesday and Thursday and the official opening night performance on Friday are going ahead as scheduled. METRO

## 10 cents richer Tuesday

### N.S. minimum wage increase takes effect

Nova Scotians currently working for minimum wage

will be treated to a slight increase in their paychecks starting Tuesday.

On April 1, the province is increasing the minimum wage by 10 cents, going from \$10.30 an hour to \$10.40 an hour.

In addition to the min-

imum wage increase, the inexperienced wage rate, paid to working individuals with less than three months experience in their field, will also increase by a dime bringing the wage to \$9.90 an hour.

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# More pain in the taps for water users

## Second phase. Halifax Regional Water Commission rate hike kicks in

A new rate hike takes effect in Halifax on Tuesday, but unlike most, ratepayers have some ability to determine how bad

this one will be.

The Halifax Region Water Commission was granted a rate hike in June 2013 that was broken into two increases — one of about 8.7 per cent last July and the second of about 13 per cent on April 1, 2014.

The provincial regulator also approved a new rate structure that weights water consumption more heavily.

“There’s some flexibility there. You use less, you pay less,” said HRWC spokesperson James Campbell Monday.

Previously, the average water bill included a base charge of \$144.12 and a consumption charge of \$95.69. Those charges on the same bill are now \$80.84 and \$169.58, respectively.

### Rate hike

The rate hike will help cover the rising costs of upgrades to and maintenance of the city’s aging infrastructure.

“We’re trying to send out a signal that if you conserve water, your bill’s going to be

lower,” said Campbell, adding an increase of 13 per cent on the average residential bill translates to about \$8.10 a month.

The Atlantic Canada director of the Sierra Club said the emphasis on conservation is a good approach, but noted there will still be people who can’t afford the rate hike.

THE CANADIAN PRESS



When you turn on your tap Tuesday in Halifax, it’s costing you more.

METRO FILE

## Power outages. Travel delays from spring storm

Crews worked Monday to restore power to thousands of customers as more nasty weather hammered storm-weary Atlantic Canada.

At one point Monday afternoon, almost 28,000 customers were without electricity in New Brunswick, with the majority in Bouctouche, Moncton and Shediac.

Nova Scotia Power also reported outages caused by high winds and freezing rain.

A number of flights in the region were delayed or cancelled, and the RCMP warned drivers of slick roads covered in slush, ice and water.

Environment Canada says a slow-moving storm was expected to impact all four Atlantic provinces Monday and Tuesday with a mix of freezing rain, snow, and in some cases, ice pellets.

THE CANADIAN PRESS

## Alcohol ignition interlock. Province to amend program

Nova Scotians in the alcohol ignition interlock program will be able to apply for a temporary leave from it because of financial pressures or medical issues under regulation amendments.

The changes will also allow people to move outside Nova Scotia and be covered by similar programs in other provinces.

The program is for people who have lost their driver’s licences because they have been convicted of alcohol-related offences.

It requires people to blow into devices to ensure they have no alcohol in their breath before their vehicles can start.

Since it came into effect in 2008, nearly 2,000 people have completed the program. THE CANADIAN PRESS

## Man commits suicide after saying he killed his wife. No charges laid on officers

Nova Scotia’s police watchdog says there are no grounds to lay charges against two RCMP officers in the death of a man suspected of killing his wife last year.

The 49-year-old man died Oct. 16 from a self-inflicted gunshot during a standoff with RCMP in the Portapique area, about 40 kilometres west of Truro.

The body of his 47-year-old wife was found earlier in the day at an apartment in Truro Heights.

The Serious Incident Response Team says the distraught man, who was barricaded inside a truck, told police he had killed his wife and intended to commit suicide.

The team says the two Mounties who negotiated with the man for more than 12 hours acted appropriately as they tried to coax him into surrendering.

Despite their efforts, the team says the man took his own life at the scene.

THE CANADIAN PRESS

## A MESSAGE from CAPITAL HEALTH

### To the citizens and taxpayers we serve...

Providing safe, high-quality care for patients is our priority at Capital Health.

We have begun to reduce our health care services, including postponing surgeries, because of a labour dispute with NSGEU registered nurses. A legal strike could begin as soon as **Thursday, April 3**.

Services across Nova Scotia and care for patients from other Atlantic provinces are now being impacted.

Our commitment, as always, is to deliver the safest care we can under these conditions.

### Here’s what you need to know:

- An emergency services agreement with the union means that NSGEU registered nurses provide care only in areas where the union feels lives may be at risk.
- Our emergency rooms are open; dialysis and intensive care units, and the Nova Scotia Cancer Centre, are fully staffed by NSGEU registered nurses.
- If your appointment or surgery needs to be postponed, you will be contacted and arrangements will be made to reschedule.

### If you need medical care:

- For general health care advice from a registered nurse, dial 811.
- For routine care and treatment of urgent, non-life threatening health conditions, call your family doctor.
- For emergency health care, visit your nearest emergency department or dial 911.

### For up-to-date information:

Visit [www.cdha.nshealth.ca](http://www.cdha.nshealth.ca) for information on services affected.

You may also call 473-2700 or 1-855-473-2700 toll-free, or email [yourcare@cdha.nshealth.ca](mailto:yourcare@cdha.nshealth.ca).



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# The wild climate ride has only just begun: UN panel

**New report.** Warning based on more than 12,000 peer-reviewed scientific studies

If the world doesn't cut pollution of heat-trapping gases, the already noticeable harms of global warming could spiral "out of control," the head of a United Nations scientific panel warned Monday.

And he's not alone. The White House says it is taking this new report as a call for change, with Secretary of State John Kerry saying "the costs of inaction are catastrophic."

Rajendra Pachauri, chairman of the Intergovernmental Panel on Climate Change that issued the 32-volume, 2,610-page report early Monday, told The Associated Press: "It is a

## Time to wake up

Top scientists say the Intergovernmental Report on Climate Change, released Sunday in Japan, shows that Canadians must wake up to the impact of warming temperatures on land, on water and in communities. The report warns:

- The entire freshwater ecosystem of the vast boreal forest that stretches almost across Canada is under

threat.

- Climate change will worsen problems that society already has, such as poverty, sickness, violence and refugees.
- Read more online: The Intergovernmental Panel on Climate Change: <http://www.ipcc.ch>

call for action." Without reductions in emissions, he said, impacts from warming "could get out of control."

One of the study's authors, Maarten van Aalst, a top official at the International Federation of the Red Cross and Red Crescent Societies, said, "If

we don't reduce greenhouse gases soon, risks will get out of hand. And the risks have already risen."

Twenty-first century disasters such as killer heat waves in Europe, wildfires in the United States, droughts in Australia and deadly flood-



This Nov. 9, 2013, file photo provided by NASA shows Typhoon Haiyan taken by astronaut Karen L. Nyberg aboard the International Space Station. Global warming is driving humanity toward a whole new level of risks, a United Nations scientific panel reports, warning that the wild climate ride has only just begun.

KAREN L. NYBERG/NASA/THE ASSOCIATED PRESS

ing in Mozambique, Thailand and Pakistan highlight how vulnerable humanity is to extreme weather, according to the report from the Nobel Prize-winning group of scientists. The dangers are going to

worsen as the climate changes even more, the report's authors said.

"We're now in an era where climate change isn't some kind of future hypothetical," said the overall lead au-

thor of the report, Chris Field of the Carnegie Institution for Science in California. "We live in an era where impacts from climate change are already widespread and consequential." **THE ASSOCIATED PRESS**

## Global warming

### Economic impacts

The economic impact of global warming is complex and not well understood. In some scenarios there would be economic benefits for countries that get warmer and wetter and consequently more fertile agriculturally. Drier weather in some regions would result in sharply lower crop yields. Advisers to the Intergovernmental Panel on Climate Change say that the world economy may suffer losses of between 0.2 per cent and two per cent of income if temperatures rise by two degrees.

#### INFRASTRUCTURE

Relocation of industries and communities will cost billions of dollars.

#### WATER

Ensuring enough water for industry and consumption will cost about \$12 billion a year worldwide.

#### CONFLICT

Climate change raises the risks of violent conflict such as civil wars by amplifying the impacts of poverty and economic crises, while increasing competition for scarce land, water and food.

**THE ASSOCIATED PRESS**

## The impact of a hotter world. Less food, hot spots of hunger, says report

Global warming makes feeding the world harder and more expensive, the United Nations climate-change panel says.

A warmer world will push food prices higher, trigger "hot spots of hunger" among the world's poorest people, and put the crunch on Western delights like fine wine and robust coffee, the Intergovernmental Panel on Climate Change concluded in its 32-volume report issued Monday.

"We're facing the spectre of reduced yields in some of the key crops that feed humanity," panel chairman Rajendra Pachauri said in press conference releasing the report.

Even though heat and

carbon dioxide are often considered good for plants, the overall effect of various aspects of man-made warming is that it will reduce food production compared to a world without global warming, the report said.

The last time the panel reported on the effects of warming in 2007, it said it was too early to tell whether climate change would increase or decrease food production. But in the past several years, the scientific literature has been overwhelming in showing that climate change hurts food production, said Chris Field of the Carnegie Institution of Science and lead author of the climate report. **THE ASSOCIATED PRESS**



In this July 2012 file photo, corn stalks struggle from lack of rain in Farmingdale, Ill. SETH PERLMAN/THE ASSOCIATED PRESS

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# PUTIN: PRESIDENT, PUGILIST, PERFORMER, PSYCHOPATH?

Metro asks a Toronto psychology professor what the Crimean crisis, hostile diplomatic relations and rehearsed public spectacles say about the Russian president's mental health

DYLAN C. ROBERTSON/FOR METRO IN TORONTO

toronto@metronews.ca

From a shirtless fishing trip to riding with biker gangs, Russian President Vladimir Putin is known for his eccentric media appearances.

When armed men in military uniforms arrived in Crimea, Putin claimed they were not Russian soldiers, despite coming from Russia in the country's military trucks. Last Saturday, Putin's former economic adviser told a Swedish newspaper that the leader aims to take back the Baltic countries and even Finland.

Analysts are wondering whether his rhetoric is simply political posturing, or if he's lost his mind.

In the midst of the Crimean crisis last month, German Chancellor Angela Merkel reportedly told U.S. President Barack Obama she wasn't sure whether Putin "was still in touch with reality."

So is Putin mentally unstable? Probably not, according to Steve Joordens, a psychology professor at the University of Toronto's Scarborough campus.

"You don't run part of the KGB and go on to lead a country without thinking straight," Joordens told Metro.

While it's impossible to evaluate someone's mental

state from afar, Joordens believes Putin is instead tapping into the psyche of ordinary Russians, while manipulating other countries. Joordens sees three main themes:

## A strong, manly image

Whether taking to the cockpit of a fighter jet or spinning out a Formula One race car at almost 240 km/h, Putin often appears to be a risk-taking stuntman.

Joordens says Putin is likely trying to show himself as a strong leader of a strong country after a rapid decline in territory and influence.

"Russia was one of two superpowers in its glory days, and it's lost a lot of self-esteem on a country level," he said. "Putin's attempt to show bravado is to preserve a sense of self-esteem."

Joordens notes that Putin portrays Russia as a global power faced with a common, external enemy: the West.

## Double-speak

No one seems to know what's next for Ukraine, with Russia's foreign minister claiming his government has "no

intention" of invading eastern Ukraine while they continue to station more troops at the border.

"It's a classic poker technique," said Joordens. "Unpredictability is a source of strength."

But Putin also shows his softer side, posing with his dog Buffy.

"He does like to surprise," said Joordens. "People use animals to make themselves look more compassionate."

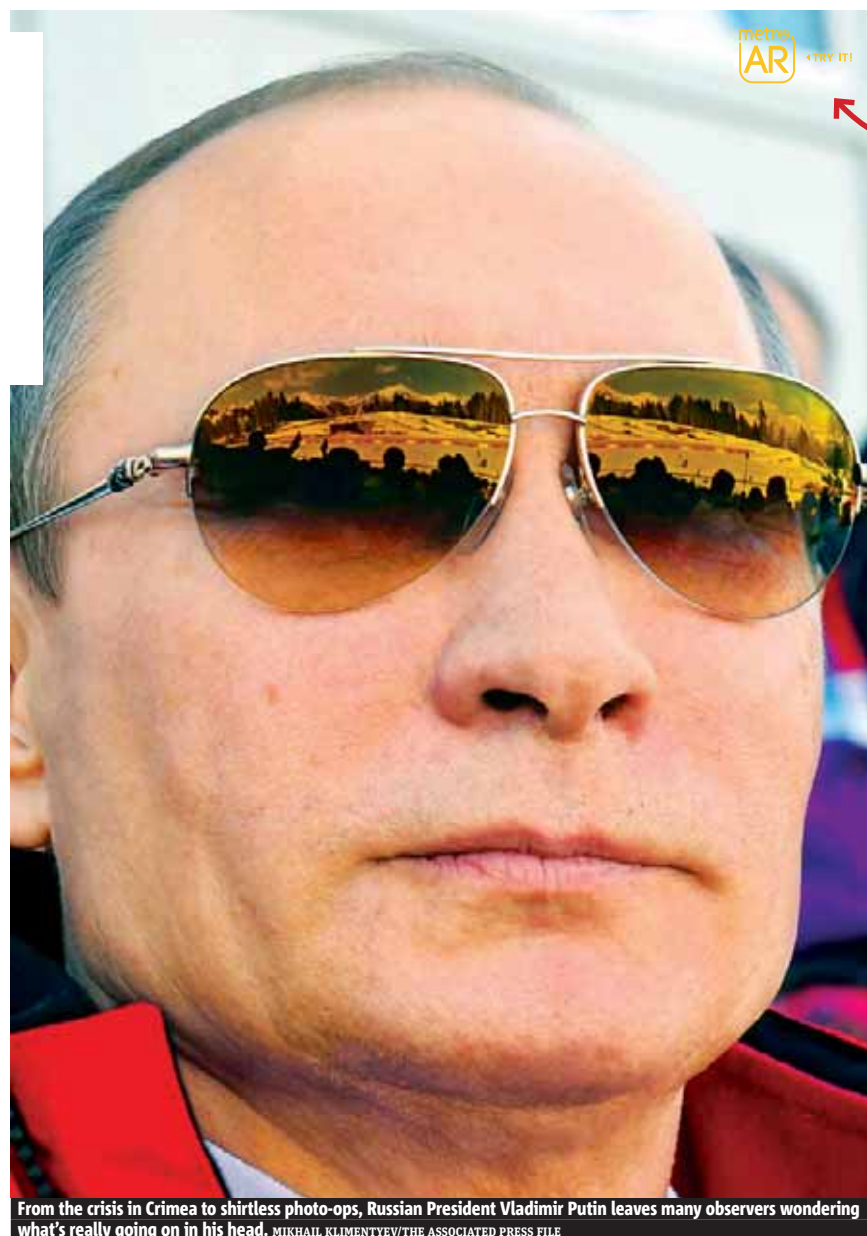
## A hostile neighbour

Putin seems to be egging on Western countries, despite signing agreements against military action and carefully building up Russia's image through the Olympics.

"He knows that no one wants to go to war with Russia," Joordens said.

Joordens suspects that Putin saw Ukraine's uprising as a risk to Russia's influence, so he stepped in despite pleas not to. Joordens uses the analogy of a hostile neighbour.

"You might have someone causing animosity and friction around them, but they don't care because their family is the top priority," he said.



From the crisis in Crimea to shirtless photo-ops, Russian President Vladimir Putin leaves many observers wondering what's really going on in his head. MIKHAIL KLIMENTYEV/THE ASSOCIATED PRESS FILE



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[nsc.ca/showcase](http://nsc.ca/showcase)

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These metal objects were printed using an advanced 3D laser printer in the Design and Innovation Centre at the NSCC Waterfront Campus. See it, and all the other leading edge technology for yourself, at Shaping the Future 2014.



# Russia sees 'virtue' of pact, Baird says

## Tough diplomacy.

After Crimea debacle, expert warns Canada should have its eye on Arctic claims

Foreign Affairs Minister John Baird says he hopes Russia has seen the "virtue" of diplomacy to resolve the crisis in Ukraine, while a defence expert warns that Canada should be paying more attention to Russia's claims in the Arctic.

Baird, speaking in Chisinau, Moldova, sounded hopeful about talks between Russian Foreign Minister Sergei Lavrov and U.S. Secretary of State John Kerry in Paris, aimed at diffusing tension in eastern Europe.

"We believe that Russia has apparently now seen the virtue of a diplomatic pact and equivalent steps in positive action," Baird said at a joint news conference with Moldova's foreign minister.



Foreign Affairs Minister John Baird  
THE CANADIAN PRESS

"Frankly speaking, the actions of the Russian Federation will speak more loudly than its words."

He again called on Moscow to withdraw troops from Crimea and along the borders of eastern Ukraine.

Russia laid out a tough set of conditions for a diplomatic settlement, proposals that would radically alter the way Ukraine is governed and administered by making regions more autonomous.

Baird met with a series of

senior government ministers in Moldova, a country squeezed between Ukraine and Romania, and assured them Canada strongly believes in the country's territorial integrity.

But defence expert Rob Huebert of the University of Calgary says the Harper government should be paying closer attention to Canada's own yet-to-be-defined border with Russia in the Arctic.

His warning comes after a published report in Moscow last week saying further militarization in the Arctic that would challenge Russia's pre-eminence in the region is a "red line" that the West dare not cross.

Although Canada and Russia — as well as several other Arctic countries — are engaged in an international process, Huebert said Putin's recent annexation of Crimea in defiance of international law raises the question of whether Russia would respect a border decision that doesn't go in its favour.

THE CANADIAN PRESS



## Australian PM pledges to continue search

Royal New Zealand Air Force P-3 Orion's captain, Wing Commander Rob Shearer, scans the southern Indian Ocean Monday while looking for evidence of missing Malaysia Airlines Flight MH370. Although it has been slow, difficult and frustrating so far, the search for the plane is nowhere near the point of being scaled back, Australia's prime minister pledged Monday. The three-week hunt has turned up no signs of the Boeing 777, which vanished March 8 with 239 people bound for Beijing from Kuala Lumpur. ROB GRIFFITH/THE ASSOCIATED PRESS

### Grain backlog

## CN, grain elevator companies play the blame game

Canadian National Railway says it is making progress to meet the government's target of increased grain shipments, but the railway drew a re-

buke from Western Canadian grain elevator companies after calling on them to "step up" their own performances.

"The fact that CN is making this comment is just an attempt to deflect attention from the real issue," said Wade Sobkowich, executive director of the Western Grain Elevator Association.

THE CANADIAN PRESS

### F-word kerfuffle

## Trudeau cusses, PMO fusses

Liberal Leader Justin Trudeau says he got "a talking to" from his wife for using the F-word in public, but he won't take any criticism from the Harper government.

Trudeau dropped the

F-bomb over the weekend while speaking at a charity boxing match in Gatineau, Que.

The Prime Minister's Office said it was just another example of Trudeau's "lack of judgment."

The Liberal leader says he let his "emotions run a little hot" while speaking at the match. THE CANADIAN PRESS

### British Columbia

## Man facing child-sex tourism charges appears in court

The man once imprisoned in Thailand for sexually assaulting children has appeared in a British Columbia court over accusations of

child-sex tourism.

Christopher Neil's brief first court appearance in Port Coquitlam, B.C., was much more sedate than when he was paraded past media by authorities in Thailand in 2007. Neil has never been prosecuted in Canada, his home country, for offences he allegedly committed overseas. THE CANADIAN PRESS

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## Clause will keep values charter alive: Marois

Parti Québécois Leader Pauline Marois is prepared to invoke the rarely used notwithstanding clause to ensure her party's controversial secular charter is adopted.

Marois said Monday she will reintroduce the values charter project as it currently stands if her party forms a majority government after next Monday's Quebec election.

And after stating for months the government was confident the secular charter could withstand any judicial challenge, Marois threatened to use the notwithstanding clause to immediately ward off the possibility of any legal threat.

The clause is enshrined

in the Canadian Charter of Rights and Freedoms and allows Parliament or provinces to override the rights charter in order to adopt legislation. The exemption lasts five years.

Marois said the clause would simply be integrated into the values charter.

"We have different advice about the constitutionality of this charter," Marois said. "Some say yes, no problem, some say no. So I will not take any risks with this ... If we need this clause, we will use this clause."

The proposed legislation would ban all public-sector employees, including teachers and daycare workers, from



PQ leader Pauline Marois at a news conference in Trois-Rivières, Que.  
PAUL CHIASSON/THE CANADIAN PRESS

displaying or wearing religious symbols such as the hijab or the kippa. Marois said it would remain largely as is if the PQ returns to power.

THE CANADIAN PRESS



## Medical marijuana. Future of pot hazy as feds launch legal challenge

The federal government will contest an injunction that allows people to continue to grow medical marijuana while a full legal challenge plays out in the courts.

It is the latest salvo in a series of legal actions over how the government administers its medical pot program.

Earlier this month, Federal Court Judge Michael Manson ruled that patients currently licensed to grow their own marijuana would be permitted to produce the drug even after new regulations banning the practice take effect Tuesday.

The judge granted an application from medical marijuana patients seeking a temporary injunction to preserve the status quo until their constitutional challenge of the new system could be heard.

The government said Monday it will ask the Federal Court of Appeal to over-



A legal medical marijuana facility in B.C. last month.  
THE CANADIAN PRESS

turn the injunction.

Under the existing federal program, thousands of people have licences to cultivate marijuana for personal use to help ease painful symptoms of conditions such as diabetes and multiple sclerosis.

THE CANADIAN PRESS



## UN orders a stop to scenes like this

A minke whale is unloaded at a port after a whaling trip for scientific purposes in Kushiro, in the northernmost main island of Hokkaido in September 2013. The International Court of Justice on Monday ordered a temporary halt to Japan's Antarctic whaling program, ruling that it is not for scientific purposes as the Japanese had claimed. In hopes of ending whaling in the icy Southern Ocean, Australia sued Japan at the UN's highest court for resolving disputes between nations. KYODO NEWS/THE ASSOCIATED PRESS FILE

# There is no such thing as a new idea?

**R&D.** Judges must decide if Mark Twain was right when he argued we just make 'new and curious combinations' of existing ideas

Is it too easy for high-tech companies to patent inventions that are not really new, but simply old ideas

blended with computer wizardry?

The Supreme Court in the U.S. wrestled with that question Monday as justices considered making it tougher for the government to issue patents for computer software.

The outcome could send tremors through an industry that touches virtually every sector of the economy, from gadgets on smartphones to advances in

anti-lock brakes.

The issue has divided the nation's technology giants, with companies like Microsoft Corp. and IBM warning that new restrictions could nullify thousands of existing patents that are the product of billions in research and development. On the other side, firms including Google, Facebook and Netflix say the free flow of software patents has become a "plague" on the in-

### Waterloo, Ont.

BlackBerry won a preliminary injunction barring sales of a Typo Products LLC's iPhone keyboard attachment it claims infringes on two of its patents.

dustry, blocking companies from promoting innovation.  
THE ASSOCIATED PRESS

### First-class letters

#### Through rain, sleet and snow ... for a buck a stamp

The cost of mailing a first-class letter within Canada went up Monday — by 35 per cent.

Canada Post is raising the price of a stamp to 85 cents, up from 63 cents.

While the new price applies when buying stamps in bulk, it will cost \$1 to buy a single first-class stamp.

THE CANADIAN PRESS

### Market Minute

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# IS THIS A SICK POTTY JOKE?

How do you flush a toilet?

You might think this question has a pretty obvious answer, but a recent discussion with some friends of mine has left me questioning everything I thought I knew about bathroom etiquette. It would seem that it's now standard practice to use your foot to flush the toilet when using a public washroom.

Am I the only person who didn't get the Health Canada memo on this new procedure? I had no idea that we were no longer using our hands to perform this perfunctory task.

Apparently this foot-flushing technique isn't just the invention of a neurotic minority. A 2013 study found that 64 per cent of North Americans operate the toilet flusher with their shoe-clad foot in order to avoid coming into contact with germs in public restrooms.

I can't understand why North Americans are so precious when it comes to personal hygiene. I happen to have an incredibly strong immune system in spite of my daily skin-to-



**SHE SAYS**

**Jessica Napier**

metronews.ca

toilet contact. My resilience probably has a lot to do with my complete indifference towards germs, a carefree attitude that I inherited from my father who is the type of man who will marinate a raw chicken breast with his bare hands and then lick the BBQ sauce off his fingertips.

Despite all the fearmongering out there, I just can't bring myself to be afraid of something I can't see. I'm a firm believer in the five-second rule (or even the two-minute rule) and will gladly share a beverage with another person as long as we're on a first-name basis. I ride public transit, double-dip my chips and once ate a chocolate Easter bunny out of the garbage (it was partially

wrapped, in my defence).

I'm not completely uncivilized of course. If someone offers me hand sanitizer I will use it because I know that is the polite thing to do and I adhere to the government-mandated arm-sneeze to protect all the anxious worrywarts out there.

**Germs? Who needs 'em**

**Despite all the fearmongering out there, I just can't bring myself to be afraid of something I can't see.**

It's actually these extremists—those who obsessively clean their countertops with pungent antibacterial wipes and scrub their hands like they're prepping for surgery—who seem to get struck down by the common cold so frequently. I assume their bodies are having bad reactions to all the antiseptic fumes and high levels of neuroses.

I know there's nothing glamorous about using a public bathroom, but karate kicking a toilet to avoid touching it with your hands just seems outrageously paranoid to me. If you're trying to avoid all of the infinitesimal microorganisms that are out there just waiting to latch onto you, you're just going to worry yourself sick.

Follow Jessica Napier on  
Twitter @MetroSheSays



## ZOOM

### Art that tests the waters



COURTESY JASON DECAIRES TAYLOR

#### Sub-aquatic museum

For the past five years, British sculptor Jason deCaires Taylor has transformed seabeds off Mexico and Grenada into underwater art sites. Taylor, 39, sculpts life-size statues, then submerges them at depths of nine metres. His work is featured in a new book *The Underwater Museum*, published by Chronicle Books. **METRO**

#### Q & A with Taylor

##### How did you come up with the underwater sculpture?

I started to explore how I could adopt a more conservationist approach in my sculpture. Being a diver and watching how we are losing swathes of coral reefs, I felt inspired to take action. An artificial reef—where marine life (and tourists) gravitate towards

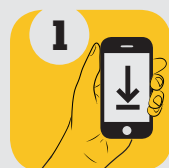
objects—seemed the perfect way for art to help the planet.

##### Help? How exactly?

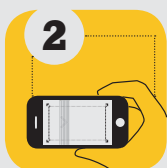
The reef encourages fish and coral to live and grow there, while the human statues are linked to the concept of climate change. This art-meets-reef—a sort of visual regeneration—can instill a sense of hope and recovery.

## METRO AUGMENTED REALITY

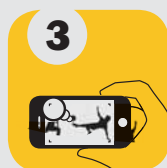
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#### MetroTube

### Howls in the Himalayas



**ANDREW  
FIFIELD**  
metronews.ca

For most of the country, spring made its long-awaited debut in the past couple weeks—hang in there, Atlantic Canada.

Which, of course, means that all dreary winter dreaming about warm exotic places is easing a bit. Though, as that mental fog lifts, we find ourselves regretting the hastily booked Treacherous Himalayan Roads Tour.



Scan this photo of the Himalayas to watch the video of some courageous travellers who skirt the mountain cliff. GETTY IMAGES



DVD review



**Anchorman 2: The Legend Continues**

**Director.** Adam McKay

**Stars.** Will Ferrell, Steve Carell, Paul Rudd

I quote Brian Fantana's promise about Sex Panther cologne: "60 per cent of the time, it works every time."

So does this long-awaited comedy sequel that supposedly nobody wanted — except for millions of fans of Ron Burgundy, Will Ferrell's puffed-up TV newscaster, and his Channel 4 teammates: scented news sleuth Fantana (Paul Rudd), thunderdolt weatherman Brick Tamland (Steve Carell) and sports clod Champ "Whammy!" Kind (David Koechner).

Now that it's here, again directed by Adam McKay and co-written with Ferrell, it must be said that Anchorman has gone from being kind of a big deal to being kind of a bloated deal.

Anchorman 2 nevertheless amuses, with your personal hilarity meter likely rating it higher if you enjoy seeing beloved characters acting even goofier.

And if you get the Blu-ray version, the abundant extras include an almost entirely new cut of the film, with a promise of 763 new jokes. **PETER HOWELL**

# Emma Watson moves beyond Hermione

**All grown-up.** The star of new release Noah talks to Metro about her movie career, and finding a work-life balance

**GABRIELA ACOSTA SILVA**  
Metro World News

Hermione is all grown-up now. Almost three years on since the Harry Potter movie franchise ended, Emma Watson is out to prove there is life beyond Hogwarts. "I still need to show people what I can do outside of Harry Potter. I don't think I'm quite there yet, but I'm getting there," the star of Noah tells Metro Latin America at the Spanish premiere of the new movie in Madrid.

**There's been a lot of buzz surrounding Noah, both good and bad.**

The producers did a lot of research and came up with many different versions of the script. The biggest problem is that in the Bible, Noah's story is like half a page. So basically, we made a three-hour movie out of three paragraphs.

**Your character Ila has dreadlocks. How did that come about?**

We decided to use hair extensions, which was actually quite difficult because at the time, my real hair was really short. The good thing is that we didn't have showers or bathrooms on set, so it worked out fine in the end.



Emma Watson with costar Douglas Booth in Noah. HANDOUT

**How would you describe the movie?**

Personally, I find Noah's story a little bit cheesy. But when the screenplay is written by someone like Darren Aronofsky you know you're going to be doing something special. I'd say the movie is more of a study of people who find themselves in a futuristic, apocalyptic world.

**What is your biggest challenge right now?**

Prove that I am no longer Hermione. I need to be able to be good, bad, bold or innocent in whatever role I take

on. But I still need to show people what I can do outside of Harry Potter. I don't think I'm quite there yet, but I'm getting there.

**What's the best thing about being in your early 20s?**

I'm no longer scared to take on new roles. I'm more confident and more focused now than I used to be, and I've also learned that not everything in life is about work. Fame has the power to blur reality. That's why I chose to take a step back and go study, and gave myself the space to think about what

I really wanted to do. Right now I've gone back into the acting world with a different mindset.

**You're studying as well as working. How is university going?**

I'll be graduating from Brown University in May and I'm glad I took the time out to study. I have the rest of my life to make movies and I feel like I learned a lot just by living alone in another country. I feel like I'm at the stage where I now have a healthy balance between my professional and personal life.

## Michael Chiklis gets his freak on for scary show



Michael Chiklis will star in American Horror Story: Freak Show. GETTY IMAGES

Michael Chiklis is ready to freak out.

The actor is joining the American Horror Story family for the anthology series' fourth season, subtitled Freak Show. The Emmy-winning star of The Shield will portray the ex-husband and father of characters played by Kathy Bates and Evan Peters.

The Chiklis casting announcement came during the American Horror Story: Coven event that served as closing night of PaleyFest, which over

16 days presented casts and crews of past and present TV series, attracting thousands of fans to the Dolby Theatre.

The series' stars present for the PaleyFest panel included Peters, Angela Bassett, Jamie Brewer, Frances Conroy, Denis O'Hare, Sarah Paulson, Emma Roberts and Gabourey Sidibe, with Bates herself making a surprise appearance.

Actress "Jessica (Lange) is on spring break with her grandchildren," noted series co-creator Ryan Murphy, who

later revealed more season-four casting news:

Lange and "every person on this stage is coming back in some capacity," he said.

Murphy explained the setting for the upcoming series "is not a circus and is not carnival — it's a freak show," adding that it was Lange who came up with idea of her character, a German expat who is a "collector of freaks."

American Horror Story: Freak Show is set to debut this fall. **THE ASSOCIATED PRESS**

2 SCENE

## Ebooks



## Skulls & Bones: El Inglés Goes Missing



### MIND THE APP

Kris Abel  
@RealKrisAbel  
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By: Jay Malinowski

iBooks/Kindle/Kobo

In this first novella from Bedouin Soundclash singer Jay Malinowski, a weathered box gives up a collection of letters between an old sea dog and the granddaughter he left behind in Cape Breton. Smudged with photos and drawings they detail a violent, and rather confusing, Maritime family history. An included song, *Skulls & Bones*, suggests a deeper mystery will follow.

**Mistaken for Strangers.** Film about The National chronicles what happens when a slacker takes a hard look at his life

### STEVE GOW

scene@metronews.ca

Fans of indie rock band The National should be slightly cautioned before buying tickets to see *Mistaken for Strangers*. After all, the film is certainly less a music documentary than it is a comedy of errors about the singer's brother who slacked his way onto the screen. "I tell people this (is) not really a rock doc," explained director and subject Tom Berninger. "If you like The National, see this movie because you're going to see them as normal people not talking about their music for once. You can go watch that on YouTube."

The National's music may



Mistaken For Strangers shows The National to be less rocker and more like regular people. THE ASSOCIATED PRESS

be downplayed but *Mistaken for Strangers* (opening April 10th in Toronto and available on iTunes) does capture how connected the Ohio band is. After band leader Matt Berninger asked his idle 30-something sibling to help the road

crew during a year-long tour, Tom instead aimed to film the musical mayhem of a travelling rock band. To his surprise, however, the backstage antics weren't what he expected.

"It kind of sucked in that

way," said Berninger, who jokes that he ended up with a lot of footage of guys on laptops. "They weren't partying with me, so I had to party by myself."

His outrageous conduct surely made for an amusing

### Being Berninger

- Berninger on his film opening the Tribeca Film Festival. "Honestly, when they first told me that I was the opening movie of the festival, I thought, does that mean my movie is going to show at 10 o'clock in the morning on the first day?"

comedy but it also got Tom fired from the job.

As the film's emotional twist, it also proved a turning point for the would-be filmmaker, who then had to look inward for inspiration and, essentially, turn the acclaimed doc into a painstaking study of self.

"I had a lot of encouragement, a lot of help with other people telling me this stuff was good, or this stuff was terrible — (there was) a lot of that, too," laughed Berninger. "Our motto in the editing room was that anything creative you do is always bad until it's good."

"ONE OF THE GREATEST ACTION MOVIES EVER MADE!"  
— Matt Kato, Rotten Tomatoes

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For more information on Stevie and other adoptable furry friends, visit [www.pas.spcans.ca](http://www.pas.spcans.ca) or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or [info@pas.spcans.ca](mailto:info@pas.spcans.ca)

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## Have you Heard? Johnny Depp is wearing a 'chick's ring'

Johnny Depp showed off a diamond engagement ring that he called a "chick's ring" on Monday - indirectly confirming rumours of his engagement to actress Amber Heard.

Asked whether he was engaged, the Pirates of the Caribbean star replied, "The fact that I'm wearing a chick's ring on my finger is probably a dead giveaway. Not very subtle." He laughed as he lifted up his left hand and displayed a single diamond on a band around his ring finger.

His comments follow months of unconfirmed reports of his engagement to actress Heard, 27, who starred alongside Kevin Costner in 3 Days to Kill



Johnny Depp ALL PHOTOS GETTY IMAGES

released in the U.S. earlier this year.

Depp and Heard starred

together in The Rum Diary, filmed in Puerto Rico in 2009. **THE ASSOCIATED PRESS**

## Brad and Angie liked it, so now they're putting ink on it

Brad Pitt and Angelina Jolie are reportedly planning to mark their upcoming nuptials with matching tattoos, according to Radar Online.

"Brad really wants to do something special and, frankly, a little weird to mark the occasion, and they want to get the exact same design in the exact same spot on their bodies," a source says.

"Brad is like a teenager again as he and Angelina decide on their matching tattoos. He's let Angelina help him pick out tats in the past, but this time it's a real



Brad Pitt and Angelina Jolie

collaboration. Don't expect it to be something that's visible when they're out day to day. They might just acknowledge

to the press that they did it, but keep the actual content of the tattoos as their love secret."

## One part Franco didn't play was Lohan's lover



Lindsay Lohan

James Franco doesn't say the whole list is bogus, but he definitely doesn't think his name belongs on it, insisting that he has never gotten intimate with the troubled starlet.

In an interview with Los Angeles Magazine, Franco defends his decision to write

about other celebrities in his new book of poetry.

"I didn't write anything bad about them," he says. "And Lindsay herself has told lies about me with her 'people she's slept with' list. So I feel like what I said is much less than what she's said."

And he's previously explained in an interview with Howard Stern about how he'd turned down her advances during her hard-partying days. "I mean, I don't want to brag about it," Franco said. "She was having issues even then, so you feel weird."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word

## Bachelor stars get no love from Atlantic City

PAT HEALY

Metro World News in Boston

Atlantic City didn't have the kindest of receptions for Bachelor star Juan Pablo Galavis and his girlfriend, Nikki Ferrell, who came to the resort town for a special appearance at The Pool After Dark at Harrah's Resort Atlantic City on Saturday night.

Galavis and Ferrell appeared on the red carpet around midnight, and the locals were angry. Galavis was originally to sit at a VIP table next to the stage until

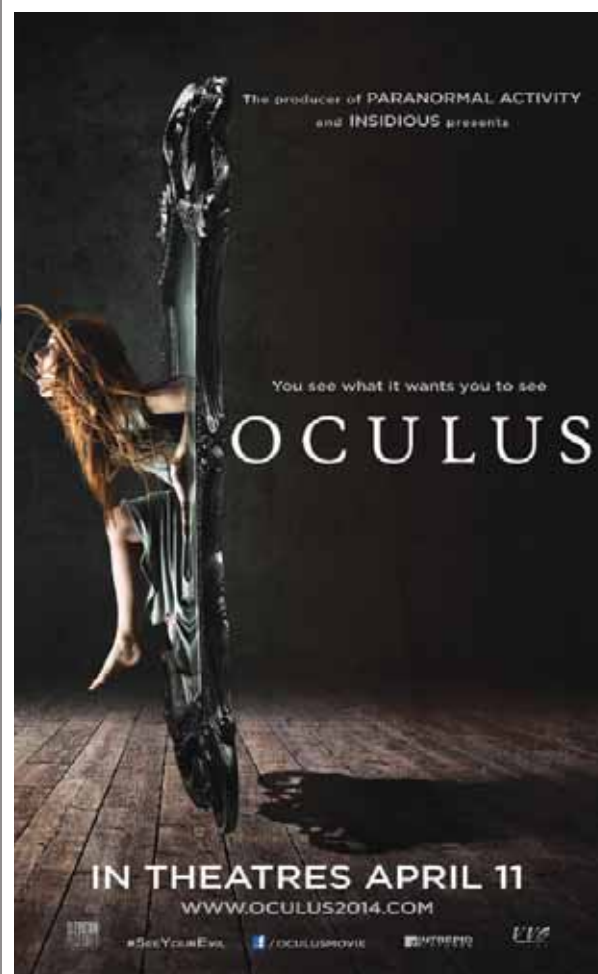


someone (it is not known who this local hero was) threw an aluminum beer bottle at him. After that, the organizers moved him to a cabana area for his own safety.

According to reports (read: the publicist who sent me this), Ferrell joined Ga-

lavis in the VIP cabana area where they "kissed" and "held hands" until around 3 a.m. hopefully fulfilling all contractual engagements.

Read: The two didn't stick around for that long, and once they collected their paycheck, flew to Miami the next day.



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# Putting a face to autism

## National Autism Awareness Month.

April is a time to educate the public about everything autism. A mom offers a glimpse into an evening with her autistic daughter

LESLEE  
HERSH  
life@metronews.ca

It's Friday and the nanny has left for the weekend. Lauren is submerged in the bath, singing aloud, happy as a clam. She is always happy, and that is my salvation. All we are supposed to want for our children is for them to happy, isn't it?

I realize I forgot her PJs and a fresh towel, so I go to retrieve them from the closet in her bedroom. I come back to small drips and puddles along the bathroom floor. The shuttered bathroom window is now firmly closed, as is the vanity drawer, both of which were inadvertently left slightly open. She is lying contentedly back in the bathtub and could stay there entertaining herself for hours if I let her. Everything is in perfect order, as it must be, or chaos might ensue.

"Write down calendar!" she cries. I transcribe a visual daily calendar with activities on a chalkboard in her room, each upcoming event identified — from mealtimes and snacks to baths and sleep. This is critically important to her, so I use it as a tool to motivate her to focus on getting herself dressed. "First PJs, then calendar," I tell her. For the reward, she obliges.

The telephone rings. "Goooooodbye!" she shrieks before I even answer.

Lauren does not like when my attention is focused on



Lauren, 13, was diagnosed with autism at age 4. SUBMITTED

anything but her. I tell her it is Grandma, and ask if she would like to say hello. "Eee-yeeessss", she replies. The conversation ensues: "hiGrandmahowareyoulamgood" and is followed by a series of "eee-yeeessss" in response to unheard questions. After a quick "Goodbye, Grandpa" (who is really still Grandma), I take the phone to speak, and the "goodbyes" start again, over and over until the phone is set properly back in its cradle.

I fill out her calendar while she grabs her Magna Doodle and begins furiously scribbling to calm herself down further. This is her "stim." Others living with autism — a disorder of neural development char-

acterized by impaired social interaction and verbal and non-verbal communication, and by restricted, repetitive or stereotyped behaviour — like to rock back and forth or find other repeated actions to calm down.

"I need hugs, Mom." The squeezing motion calms her again, and she reaches for her cherished iPad and searches YouTube. For the next several hours, she positions herself in her usual way, deep within the folds of her beanbag chair, and repeatedly watches Barney, Baby Einstein, and Sesame Street episodes that she has watched nightly for years.

Next, she carefully inspects their video box covers that she has managed to source on eBay,

because this too is very important to her. She has memorized every single word and song from every one of these YouTube videos and recites them, in sync with the films. The precision is almost perfect now, but this has taken several years of dedicated practice, because she cannot even carry on a conversation yet. She is 13.

I take away the iPad and prepare her for bed. Again, she babbles out loud to herself and carries on like this easily for the next two hours. She laughs out loud and then sings, completely immersed with the images and voices in her head. She laughs again when she hears Rihanna and Eminem sing they are friends with the

monsters in their head, as if she understands. I suspect she does. She loves music more than anyone I know. Sometimes I stop when I think of her most favourite songs because I am afraid to believe my own thoughts.

If she does understand, and my desperate hope for "normalcy" returns, will it be crushed again by professionals telling me it is only wishful thinking?

The songs? Firework by Katy Perry, and Born This Way by Lady Gaga. Read the lyrics and — although she might not be coherent should you meet her, and certainly could not share her thoughts with you — please be the judge.

Then, try to understand the frustration that she lives with day after day, night after night, and year after year.

That is the face of autism.

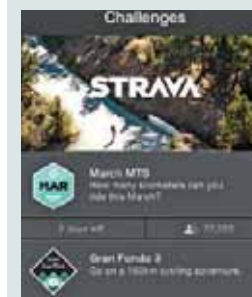
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# Creamy comfort without the cream



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCPT  
myfriendinfood.com

No one will ever know that there is yogurt and tofu in this soup instead of cream.

Together, they are excellent and filling protein.

The only trick to this soup is to keep the temperature at a simmer since boiling will turn the creaminess into graininess and then we are both busted as nutrient hiders.

Just don't say that I didn't

warn you!

**1.** Break shiitake mushrooms into smaller pieces and place in a microwavable bowl with the 2 cups of water. Cover and place in microwave for 3-4 minutes until softened. Set aside

**2.** Stir cornstarch into the plain Greek yogurt and set the mixture aside.

**3.** Brown butter in a large pot and add onions, cook for 3 minutes. Add mushrooms and brown over medium high heat for 3-4 minutes.

## Health Solutions

### Spongy, pale, small and nutrient heavy

Spring marks the big thaw and the sprouting of luscious things from the earth.

All mushrooms contain trace minerals that they pull from the earth and/or the wood that they grow on. They are also high in the stress-fighting B vitamins and contain bone building vitamin D.

Quite a punch for a small, pale, spongy thing.

Many wild and specialty mushrooms are grown year-round in temperature, moisture, light and heat controlled barns.

They feed on wood logs that are specifically structured and tended to according to each species' needs.

Dried mushrooms are

fairly common but can get pricey! Search the Asian section of your grocery store for a big ol' bag of shiitake shrooms rather than in the grocery section for a delicate pack of "mixed gourmet". You will get *mush* more bang for your buck. Get it?

By far, the best way to cook any fresh mushroom is in a skillet that has been heated to very high heat.

Rinse and dry the mushrooms on paper towels, add a knob of butter to the hot pan and let melt and slightly brown.

Do not crowd the pan. Allow space between each piece since the key to cooking mushrooms, so they brown rather than turn grey, is to make sure the water evaporates.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



This recipe serves four and takes 20 minutes to make. THERESA ALBERT

## FLASH FOOD



From your fridge to your table in 30 minutes or less

**4.** Add white pepper, onion powder and stir 2 minutes. Pour reconstituted mushrooms with liquid through a strainer to catch any dirt or sand, add the reduced sodium chicken broth and

tarragon and bring to a boil to for 5 minutes.

**5.** Whisk in yogurt mixture and silken tofu.

**6.** Puree the mixture with a hand wand or in a blender, and top with cheddar when serving.

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## Ingredients

- 1 cup dried shiitake mushroom
- 2 cups water
- 1 tbsp cornstarch (or arrow-root powder)
- 1 cup plain, gelatin-free Greek yogurt

- 1 tsp onion powder
- 2 cups reduced sodium chicken broth
- 1 tsp tarragon
- 6 oz (1 package) silken tofu
- 1 tbsp butter
- 1 onion, chopped
- 8 oz (1 package) sliced mushroom
- 2 tsp white pepper

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# SPORTS 4

## Jays pick up where they left off in Tampa

**MLB.** Toronto's luck looks to have carried over from 2013 with Reyes injured, Dickey thumped in opener

Jose Reyes aggravated an injury, R.A. Dickey struggled and the Toronto Blue Jays ended up with a one-sided loss to Tampa Bay.

David Price took a shutout into the eighth inning and Matt Joyce drove in three runs Monday to help the Rays begin the season with a 9-2 victory over the Blue Jays.

Reyes left the lineup after his first at-bat because of a tight left hamstring. The star shortstop led off the game and was robbed of a hit on a diving catch by Rays centre-fielder Desmond Jennings. He was replaced in the field by Ryan Goins.

"I tried to run a little bit faster between home plate and first base, and I kind of feel my hammy there," Reyes said. "So I have to slow down and get out of the game because I don't want to get any worse."

Reyes missed several games during the final week of spring training with the same problem, and wasn't at 100 per cent for exhibition games Friday and Saturday in Montreal. He will have an MRI and is expected to be put on the 15-day disabled list on Tuesday.

"Irritated the same spot, so that's a concern," Toronto manager John Gibbons said.

Reyes missed 66 games last season after going on the DL April 13 with a sprained left



Rays outfielder Desmond Jennings, left, beats the tag of Toronto Blue Jays catcher Josh Thole to give Tampa Bay a 6-0 lead during the fifth inning of Monday's season opener in St. Petersburg, Fla. CHRIS O'MEARA/GETTY IMAGES

### Opening day

9

Rays

2

Jays

ankle.

Price (1-0) allowed two runs and six hits over 7 1/3 innings to beat R.A. Dickey in a match-up of 2012 Cy Young Award winners. The hard-throwing lefty walked one and struck out six before a crowd of 31,042 at Tropicana Field.

"It's really disappointing

and frustrating," Dickey said. "You feel like you let a lot of people down. Against David Price, one of the best pitchers in baseball, if you don't match him inning per inning, it's going to be tough to win the game. I put us in a hole early. Walked some guys early, gave up some 0-2 hits with runners in scoring position, and that was the game."

Price limited the Jays to four singles and had only allowed two runners past second base before Maicer Izturis opened the eighth with his second hit of the day. Pinch-hitter Erik Kratz followed with a first-pitch, two-run homer to centre field. **THE ASSOCIATED PRESS**



Detroit Tigers slugger Miguel Cabrera agreed Friday to the richest contract in American sports, a \$292-million, 10-year deal with the Detroit Tigers. GETTY IMAGES

### Metro AR poll results



41%

Metro readers voted Norway's multi-coloured Olympic curling pants as the ugliest in our poll of ugly sports uniforms. Here are the rest of the results:

**23%** Northwestern football (stars and stripes, 2013)

**13%** Chicago Bulls (St. Patrick's Day green sleeves, 2014)

**13%** New York Islanders (Capt. Highliner logo, 1995)

**10%** Blue Jays (with buff bird logo, 2003)

**0%** Toronto Raptors (purple duds, 1995)

### QMJHL playoffs

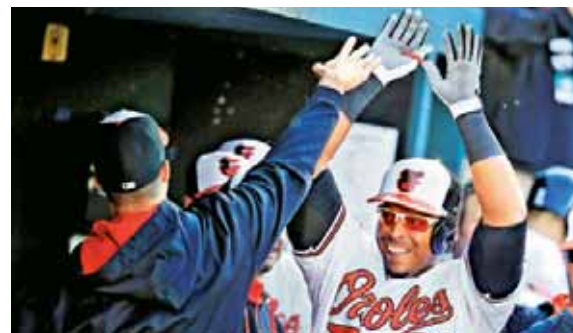
## Second-round playoff tickets on sale Wednesday

Tickets for games 1 and 2 of the Halifax Mooseheads' second-round playoff series against the Gatineau Olympiques go on sale Wednesday morning.

Game 1 is Friday at the Metro Centre, with Game 2 going Saturday night. Both start at 7 p.m.

Tickets go on sale Wednesday through all Ticket Atlantic outlets at 10 a.m. **METRO**

## Cruz picks up slack for 0's in season opener



New Orioles slugger Nelson Cruz celebrates after hitting a seventh-inning solo home run against the Red Sox on Monday in Baltimore. ROB CARR/GETTY IMAGES

In case it wasn't evident before opening day, we now know why the Baltimore Orioles added another slugger to a team that led the major leagues in home runs last season.

Nelson Cruz celebrated his Orioles debut by hitting a tiebreaking home run in the seventh inning, and Baltimore beat Jon Lester and the defending World Series champion Boston Red Sox 2-1 Monday.

Signed as a free agent in February, Cruz lined a solo shot into the left-field seats to put the Orioles ahead. He hit

### Opening day

2

Orioles

1

Red Sox

27 homers last year with Texas during a season marred by a 50-game suspension in the Biogenesis drug scandal.

Cruz joins a batting order that features Chris Davis, who

led the majors in 2013 with 53 homers and 138 RBIs. Davis went 0-for-3 with two strikeouts at cleanup, but it didn't matter because the guy in the 5-hole picked up the slack.

"It takes some of the pressure off everybody in the lineup knowing that you can pass the baton and the next guy can pick it up," Davis said. "We have to know as hitters going into the game that we can be patient, we can wait for our pitch, knowing that the guy behind us can pick us up."

**THE ASSOCIATED PRESS**





Raptors centre Jonas Valanciunas works in the post against Heat forward Udonis Haslem on Monday night in Miami.  
WILFREDO LEE/THE ASSOCIATED PRESS

# Heat rises to top with win over Raptors

**NBA.** Miami takes sole possession of first place in East; Lowry pulled from game with sore left knee

On Monday

93

Heat

83

Raptors

For the first time all season, the Miami Heat are alone atop the Eastern Conference.

And that's quite a turnaround from how things seemed less than a week ago.

LeBron James fought through a sore back to score 32 points, Chris Bosh added 18 and the Heat used another strong defensive effort to beat the Toronto Raptors 93-83 on Monday night. The win pushed the two-time defending NBA champions percentage points ahead of the struggling Indiana Pacers in the race for the No. 1 seed in the East.

"It doesn't feel like anything," James said. "The standings are what they are. We want to play the best we can and the fact that we are in first place, I think that's pretty cool but we've got so much work

to do. We've got too much work to do. We've got guys that need to get healthy. We haven't even talked about it. We probably won't talk about it. We've got to play the season out."

Chris Andersen scored 13 points on 5-for-5 shooting and Mario Chalmers added 12 for Miami (51-22), which was again without Dwyane Wade (hamstring), Greg Oden (back) and Ray Allen (flu).

Sure, the No. 1 seed in the East is a neat perk — Heat coach Erik Spoelstra called it an "ancillary" effect of hard work — and Bosh acknowledged the outcomes Monday merited a very subtle fist-pump from him. But there's still plenty of time for things to change, and Miami is thinking more about

getting those who are hurt and sick back into rhythm with the playoffs coming up in less than three weeks.

"We're aware of it," Spoelstra said of the standings. "It's not that we're naive to it. I didn't talk about it.... These were pros that were getting ready for battle and it's that type of focus, that's the type of thing we're trying to stress right now: the process of building those habits. The results will follow. They tend to take care of themselves."

Greivis Vasquez scored 17 points, DeMar DeRozan scored 16 and Jonas Valanciunas finished with 14 points and 10 rebounds for the Raptors. Steve Novak added 13 for Toronto, which lost Kyle Lowry to a sore left knee late in the third quarter after he collided with James.

"It was a hard-fought game — basketball at a high level," Vasquez said. "We lost it in the third period. We came out too relaxed. We didn't attack the basket. Everything worked for them."

Lowry's knee swelled, Raptors coach Dwane Casey said, and that hardly sounds like good news for a team fighting for the No. 3 spot in the East.

"He bumped knees," Casey said. "It puffed up a little bit. X-rays were negative. We just have to wait and see how he is tomorrow." **THE ASSOCIATED PRESS**

Quoted

"We could still lose it. That reality is there. We just have to keep concentrating on what we've been doing." Heat forward Chris Bosh, on the Heat's climb to the top of the East standings.

It's just Big Joe

Redblacks use mulligan on mascot moniker

The expansion Ottawa Redblacks have changed the name of their new lumberjack mascot after receiving some critical feedback on the original choice.

The CFL team announced last week that the mascot would go by the handle of "Big Joe Mufferaw." On Monday, the name was changed to "Big Joe" in English and "Grand Jos" in French.

**THE CANADIAN PRESS**

**NBA.** Spurs' winning streak hits 18 games with rout of the Pacers

Tony Parker scored 22 points in the San Antonio Spurs' franchise-record 18th straight victory, a 103-77 rout of the slumping Indiana Pacers on Monday night.

Boris Diaw added 14 points for the Spurs, who bettered their previous longest winning streak that was set from Feb. 19 through March 31, 1996.

Paul George scored 16 points for the Pacers, who have lost six of seven and

their once seemingly safe three-game lead over Miami for the Eastern Conference's top seed. The Heat are now alone in first place after beating Toronto Monday.

While the Spurs (58-16) can't seem to lose right now, Indiana, which had the best record in the Eastern Conference since opening night, can't figure out how to win. The Pacers (52-23) host Detroit on Wednesday.

**THE ASSOCIATED PRESS**

## Sens win third straight in shootout over Canes

Ales Hemsky scored the only goal of the shootout Monday night as the Ottawa Senators earned a huge 2-1 win over the Carolina Hurricanes.

Hemsky moved in and fired a shot off the post and into the back of the net behind goaltender Cam Ward to give the Senators their third straight win, and fourth in their past fifth games.

Craig Anderson stopped all three Carolina shooters, including Elias Lindholm with the

Fighting back

4

The Senators are four points behind the Blue Jackets, who currently possess the East's second wild-card berth with 82 points.

final shot to earn the victory.

Mike Zibanejad scored in regulation for the Senators (32-29-14), while Anderson made 30 saves.

Jeff Skinner had the Carolina goal while Ward backstopped the Hurricanes (32-32-11) through regulation with 28 saves.

Coincidental minor penalties in overtime meant the teams played two minutes of 3-on-3 hockey. Kyle Turris had the best opportunity for the Senators during that span but his shot went over the net. Alex Semin had Anderson beat on a 2-on-1 but his backhand went wide. **THE CANADIAN PRESS**



## Olympic champion

## Bolt to miss Rome Diamond League

Golden Gala organizers announced Monday that Usain Bolt will skip the Rome Diamond League meet on June 5, citing reported injury problems.

THE ASSOCIATED PRESS

## NBA

## Moultrie gets five games for drug violation

Philadelphia 76ers forward Arnett Moultrie has been suspended five games without pay for a league drug violation, beginning Monday night against Atlanta.

THE ASSOCIATED PRESS



Arnett Moultrie of the Philadelphia 76ers. JARED WICKERHAM/GETTY IMAGES

## Men's soccer

## Robert Gale named Canada's under-20 coach

Former player and longtime coach Robert Gale was named head coach of the Canadian men's under-20 team on Monday.

"Rob brings a wealth of coaching experience, hav-

ing worked both in Canada and overseas in player development," Canada Soccer technical director Tony Fonseca said in a release.

Gale joined Fulham FC as a teenager before going pro with Wycombe Wanderers FC. He ended his playing career in 1998. He went on to coach Canada's under-16 and under-18 teams.

THE ASSOCIATED PRESS

# Wiggins all set for NBA draft

**Now it's firm.** Kansas' top Canadian prodigy ends his one-year college career

Kansas freshman Andrew Wiggins made official Monday what he's been telling folks all along: He's headed to the NBA after his only season with the Jayhawks.

The six-foot-eight forward, who was voted second-team All-America earlier in the day, is expected to go in the top three picks in the June draft. Many believe he could go first overall.

"It wasn't an easy decision because the fans showed me so much love here," said Wiggins, choking up briefly during a news conference at Allen Fieldhouse. "I just wish I had more time. College goes by so fast. I can see why people stay all four years."

The Canadian was the top-rated recruit when he arrived at Kansas, and his brief career was a bit of a roller-coaster. He struggled early in the season, caught fire midway through, and then flamed out when it mattered most in an NCAA

tournament loss to Stanford.

Wiggins, from Vaughan, Ont., only scored four points on 1-for-6 shooting in the third-round defeat. Afterward, he said despondently that he let his team down with his poor performance.

That ultimately didn't have any bearing on his decision, though. He announced he was going pro while joined by Kansas coach Bill Self, his parents — former NBA player Mitchell Wiggins and Olympic silver medallist Marita Payne Wiggins — his older brother Mitchell Jr., and several of his teammates, including fellow freshmen Wayne Selden and Joel Embiid.

Selden has already announced he's returning for his sophomore season. Embiid has not made a decision, even though he's also expected to be a top-five pick in the draft.

Wiggins certainly had a historic season at Kansas. He averaged a freshman-record 17.1 points and nearly six rebounds per game, and was voted the AP's Big 12 freshman of the year and first-team all-conference.

THE ASSOCIATED PRESS



Andrew Wiggins leaves a news conference at the University of Kansas in Lawrence, Kan., on Monday, just after announcing he will be entering the NBA draft.

ORLIN WAGNER/THE ASSOCIATED PRESS

TOP SIX @ 6 Weeknights at 6 KB counts down the HOTTEST songs of the day

- 6 Ellie Goulding Bum
- 5 Classified ft B.o.B Higher
- 4 Mia Martina ft Dev Danse
- 3 Pharrell Williams Happy
- 2 Beyonce ft Jay Z Drunk In Love
- 1 Jason Derulo ft 2 Chains Talk Dirty

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## Koe stands second in Beijing



Canadian skip Kevin Koe

THE ASSOCIATED PRESS

Canada's Kevin Koe won both of his games at the world men's curling championship on Monday to move into sole possession of second place in the round-robin standings.

Koe started the day with a 9-1 blowout victory over Russia's Evgeny Arkhypov at Capital Indoor Stadium and then came back for a 10-6 win over Jiri Snitil of the Czech Republic in the late draw.

"For sure, you have to pull some games out," said Koe.

"We weren't struggling

as bad (as on Sunday). The sheet was a lot better than yesterday, but no excuses. The Czechs were playing really well and making some big shots.

"I was proud of the guys. We really stayed in there, tried to stay positive and keep it close."

Koe, who suffered his only loss to Japan's Yusuke Morozumi on Sunday morning, improved to 4-1 after eight draws.

Norway's Thomas Ulsrud was the lone undefeated team at 5-0.

Germany, Japan, Sweden

and Switzerland were tied for third place at 3-2 in the 12-team round-robin standings.

The Calgary-based team of Koe, lead Nolan Thiessen, second Carter Rycroft and third Pat Simmons shot 96 per cent as a team against Russia. Thiessen and Rycroft both scored perfect games.

"That felt way better," said Rycroft. "We threw some stinkers yesterday, and we were lucky to get away with 1-1 (on the day). Finally today we felt like we got a bit of a handle on things." THE ASSOCIATED PRESS



## Horoscopes

### ♈ Aries

March 21 - April 20

The more others try to make you change your mind about something the more you must refuse to be moved. You know what is right and what is wrong, so make your own decision and stick to it.

### ♉ Taurus

April 21 - May 21

There is no point getting worked up over something you can't do much about. You may not be able to change things on a social or political level however you can change things on a personal level.

### ♊ Gemini

May 22 - June 21

Something you have been worrying about for quite a while will fade in significance today and that's good. But has the cause of the worry actually gone? You need to find out.

### ♋ Cancer

June 22 - July 23

If someone you have feelings for seems unresponsive today don't think it means you are drifting apart. Most likely they just need to spend some time alone to think things through.

### ♌ Leo

July 24 - Aug. 23

You may want to be friends with everyone but you need to be discerning. There are some people who you will never get along with because you are on different emotional and intellectual levels.

### ♍ Virgo

Aug. 24 - Sept. 23

Others will be generous with you if you are generous with them. Let friends and colleagues know you are willing to work alongside them. Teamwork is essential now, in all areas.

### ♎ Libra

Sept. 24 - Oct. 23

There may be a thousand and one things you want to do today but Jupiter, planet of success but also excess, warns you must not to take on too much. Ask loved ones nicely to do more things for you.

### ♏ Scorpio

Oct. 24 - Nov. 22

Some of what you hear over the next 24 hours may be less than complimentary but it is of no real importance, so don't let it upset your equilibrium.

### ♐ Sagittarius

Nov. 23 - Dec. 21

You may hear something about your money situation that brings a smile to your face today but don't be too hasty. There is a chance you are being misled, so don't go on a spending spree.

### ♑ Capricorn

Dec. 22 - Jan. 20

Something you have been working on for some time needs to be left alone for a while. You have got so involved with it that other areas of your life are being neglected.

### ♒ Aquarius

Jan. 21 - Feb. 19

There is no point getting annoyed about things beyond your control – you know that already. So why are you allowing what is a minor event to cause major shockwaves in your life? Get over it – now.

### ♓ Pisces

Feb. 20 - March 20

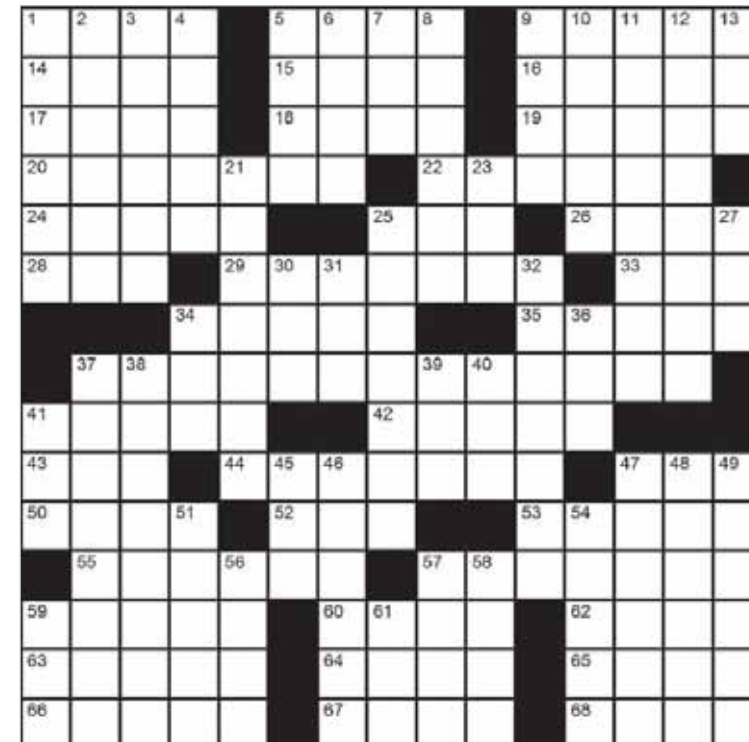
You have some important personal issues to deal with, so let your friends know they may be seeing less of you for a while. Get your emotional life in order, then go and have fun.

SALLY BROMPTON

## Crossword: Canada Across and Down

### Across

- Star \_\_\_\_ Tuna
- Kitschy
- Kate \_\_\_\_ (Purse designer)
- Quebec: Saint-Louis-du-\_\_\_\_!
- Actress Jessica
- “\_\_\_\_ be true?”
- Prefix to ‘culture’
- Stuff
- Barter
- Northwestern Ont. town, Fort \_\_\_\_
- Some Honda cars
- Fashion: Oscar de la \_\_\_\_
- Bird beak
- Cries
- “Rat!”
- Informer, to inmates
- Pecan, for one
- “\_\_\_\_, \_\_\_\_!” (Laura’s catchphrase on “The Dick Van Dyke Show”)
- Peter, in Spain
- 01/04: 3 wds.
- Decrease
- “That’s just great.”
- Evita’s land, for short
- One of the three ‘Rs’ in green living
- “Law & Order: \_\_\_\_”
- Alone
- Ums, etc.
- Bits
- The Arctic \_\_\_\_
- Canadian interior designer Ms. Olson
- Play hockey, also



do this

- “It’s such \_\_\_\_!” (I’m so happy!)
- \_\_\_\_ (As per the broadcast of TV shows)
- Eva \_\_\_\_, Madonna’s “Evita” (1996) role

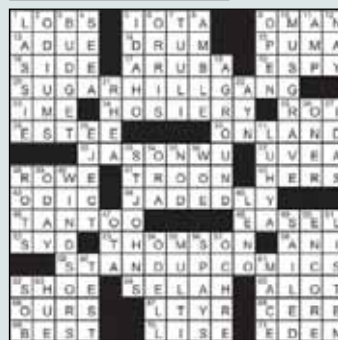
- Bugs Bunny, e.g.
- “\_\_\_\_ It Bad”: Tune by Usher
- Toronto: CN Tower’s locale, 301 \_\_\_\_ Street West
- Edmonton’s CFL team’s website, \_\_\_\_ .com

- “Can you give \_\_\_\_ hints at all?” (I need help guessing!)
- Down
- Egypt’s second largest pyramid
- “My sentiments exactly.”: 2 wds.
- Reduced

- Contaminate
- Coop
- Beers
- Academic letters
- Purolator delivery
- Item on Eugene Levy’s resume
- Ms. Hilton
- 1997 snake horror

- movie
- Alberta town
- Parisian season
- Store job
- There: Latin
- “It’s \_\_\_\_ business but my own!”
- Pou \_\_\_\_ (Vantage point)
- Li’l old MTV show
- “That hurts!”, comics-style
- Beatles manager Brian
- Food fragment
- Mr. Asner’s
- Infomercial exercise device: 2 wds.
- Michel \_\_\_\_: “Rain-showers” Montreal-born musician
- Folklore creature
- West Coast basketball team [acronym]
- Some batteries
- Fitting-here fish
- Produce
- Tightwad
- Quebec pastry brand
- k-os hit: “Man I \_\_\_\_ Be”
- British songstress Beth
- Extreme execration
- Rapper 50
- Chef
- Writer Ms. Rand’s
- Sunscreen no.
- \_\_\_\_ Louis (Popular cakes-in-a-box product by #48-Down)

## Yesterday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku

1	3	9	8	4	5	6	7	2
4	8	6	2	1	7	3	9	5
5	2	7	3	6	9	4	8	1
7	4	1	6	2	8	9	5	3
2	5	3	4	9	1	8	6	7
9	6	8	7	5	3	1	2	4
8	7	2	1	3	6	5	4	9
3	9	4	5	8	2	7	1	6
6	1	5	9	7	4	2	3	8

	4	7	3		9			8
	9	8						4
3			7					
9	1				8			
	6	5				1	2	
			6				9	5
					5			6
5						3	7	
4			1	7	2	5		



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